



Glorying graffit
Sarah celebrates
the unique
art form
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**You're never
too old, right?**
Fred Foster
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Golden girl

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Conestoga Aboriginal student wins boxing world championship in Russia

BY SARAH HANSEN

Conestoga's Ashley Nichols has led many fierce opponents on her way to becoming the world champion Muaythai boxer in September.

Nichols, an Aboriginal student at the college, along with seven other athletes from across the country, represented Canada at the February, Russia, at the International Federation of Muaythai Amateur world championships. There were around 1,000 other athletes from 100 countries at the event, making it the largest Muaythai tournament ever held outside of its home country of Thailand.

"It was a high level tournament," Nichols said. "The competitors I faced had a lot of experience."

Nichols competed against nine other countries in her specific weight class, including the previous IFMA champion from Russia in the quarter-finals. "Facing Russia in the finals knowing that she was the 2011 champion, really made me have to focus mentally," Nichols said.

After defeating the Russian Nichols advanced to the semi-finals against Belarus, a match she had been eagerly anticipating.

"Belarus is well-known and respected for their team," she said. "They're at a really high level."

The win against Belarus brought Nichols to the final round against Germany.

"Germany was tough," she said. "She had a lot of heart and a lot of determination, but I felt I was always one step ahead of her. I was able to anticipate and counter her."

Nichols said she saw the German competitor fight prior to their match. "Once they I knew about her, she was the best fighter was very strong. I would see her more. I think



PHOTO BY SARAH HANSEN

Conestoga student Ashley Nichols shows off her medals after bringing home a gold medal for winning the 2012 Muaythai boxing world championship in Russia on Sept. 12. She is a master of time management on the sidelines feeling, training and school work.

she lost, I would see her to get everything into the combination," she said. "I was able to counter with the high-level techniques."

Nichols, who has been practicing Muaythai for eight years, trained hard for the competition. "I sacrificed a lot," she said. "I trained alone, five hours a day every day doing different aspects of training."

She had to endure weight training, track training, the heavy training, strength and conditioning, sparring and preparation for the actual fight.

"It was a lot of work," Nichols said, but after she won the gold medal she said she was ecstatic. "All my hard work and sacrifice and all my experience leading up to that moment paid off."

Chris Kow, Nichols coach at the MAS Academy of Martial Arts in Cambridge, said Nichols told him she wanted to be a world champion, when

she first set him.

"Five worked with Ashley for a little over four years. She has devoted her life to become a day for the last three years working ever closer to a world class puncher stance."

Kow said being at the tournament and seeing Nichols' national anthem was so much. "To see our national flag raised and 1,000 lovers at Muaythai from around the world stand and recognize a great Canadian athlete was possibly the best moment in my life."

But it doesn't stop there for Nichols. Not only did she win the world championship at Muaythai boxing but 30 days later she won the North American kickboxing championship held by the World Association of Kickboxing Organizations in London, Ont.

She was also the Athlete of the Year in Cambridge two years in a row in competing at the Ontario Women's Judo Open on Oct. 10 and 21.

and was asked to represent Canada in kick boxing at the Pan Am Games in December.

"She is passionate and persistent," Kow said. "She came with a fire and determination to succeed."

"Being able to win the kick boxing championship and prove that I am capable and able to step outside of my comfort zone really made me happy," Nichols said. "I was proud to represent my school, women in sports, Aboriginal people and to represent my country."

On top of all of this, Nichols is a first-year student in the probation, security and investigations program and a graduate of the human services program at Conestoga.

"I want to be involved in the championship being during the first two weeks of classes, but I couldn't turn it down," Nichols said. "They requested me to represent Canada. How could I say no?" Despite missing the first

weeks of classes, she kept up with her school work and wrote a quiz on her first day back, earning a mark of 72 per cent.

"It was proof she had the ability to succeed even though she was away competing."

While Nichols has an already busy schedule, she said she likes to have one competition a week and three to four big tournaments during the year.

Nichols also teaches a program at the MAS Academy called Ladies Fight Fitness, which empowers women and gives them a comfortable environment to train in. She said she wants to continue her schooling and eventually work in prevention services specializing in interventions and programs.

But Nichols said Muaythai will always be a part of her and she will continue practicing it.

"It's a passion of mine," Nichols said. "It's a way of life."

Now deep thoughts ... with Conestoga College

Random questions answered by random students

Who is your favourite literary character, and why?



"The entire series of female heroes in the feminist books, because it teaches young and old that females can be heroes too."

Jordyn Glasse,
second year
office administration
student

"The Little Prince, because he is cute."

John Bubbie,
second year
business



"Taylor Laramide from the Game of Thrones books, because despite his short comings he has the ability to talk himself out of anything. He makes up for what he lacks in strength."

Kenneth Orme,
second year
business administration
management

"Gandalf, because I like what he believes in. I like his morals and ethics pertaining to life and his teaching ability."

Paul Beault,
program co-ordinator
business sales



"Gabby, from the Great Gatsby, because it's my favourite classic."

William Johnston,
third year
business administration
management



"Anne Shirley, of Anne of Green Gables. She was a spirited spirit when I was a kid and opened me up to the joy of reading."

Kira Brownell,
program co-ordinator
business marketing
communications



Stacy Conestoga, you could be our next respondent!

Graffiti celebrated

BY NICK MARSH

It's also a question worth asking: Is the spray paint spread across a building wall an act of vandalism or a work of art? Whether those client meetings on a property are a public nuisance or express an important message about social issues.

However, for one day at least, graffiti was celebrated as art at Guelph's very first Graffiti Fest.

Benji Pownaka, executive director of the Guelph Arts Council, said it's important that graffiti artists are recognized for their work.

“It allows them to explore their creativity and legitimize their art in a really productive community event.”

— Benji Pownaka

"I think that it is so often seen as a violent form of art where people are coming and destroying the city," she said. However, she said she hopes it will make people see graffiti in a different light other than the vandalism aspect.

Street artists usually transform the walls of buildings into their own canvas of spray paint. However, at the Sept. 29 festival, operators were able to watch the artists create their art on boards, which were formerly concrete train site road signs.

Pownaka said the event is a great opportunity for street artists.

"It allows them to explore their creativity and legitimize their art in a really productive community event," she said.

It took hours for most of the artists to complete their pieces. Boards of street signs being slashed and sprayed were hoisted throughout the event, and some artists were even writing marks to protect themselves from stealing the boards.

Once Long, a graffiti artist who participated at the event, said he chooses to create graffiti art as a form of therapy.

"It's a freedom of expression," he said. "You're not locked in with a particular style, you can change it any time you want to. You can be influenced by any one of those people that are painting today and it constantly evolves."

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Photo by Nick Marsh

James Molloy, a 40-year-old artist, designer and music producer, makes his mark on the wall of the first Guelph Graffiti Fest on Sept. 29.

themselves from stealing the boards.

Cork Street in downtown Guelph was closed to traffic so the approximately 20 artists could create and display their artwork. The Downtown Guelph Business Association put the event together.

The wide variety of designs on the boards showed just how differently the artists expressed themselves.

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One artist, James Molloy, created a mural on a wall of The Jazz Café with the help of others. There were also two public boards where visitors could create their own artwork or comments using markers or spray paint.

A hip-hop video was brought to the street with music, break-dancing and rap performances from the Stratford River Dance Centre. Guelph's Spoken Word also dropped by to present poems that were performed aloud.

Graffiti Fest, along with other local events held that weekend, were also part of the Canada-wide celebration of arts and culture called Culture Days, held from Sept. 28 to 30. The role of community participation across the country and held thousands of local events for the public.

Long said he enjoyed Guelph's vibrant scene.

"I think that this is better. It's this last event and it's a very positive moment," he said. "I think there are way too many grey walls in this city. There are a million streets and we should paint. Fill it up and bring some life into this city."



Graffiti artist Jordan Aschelle spray paints his designs on a board.

Shining a new light on The Jane Bond

BY JENNIFER LANTIER

In two of my dinner plans tonight, my good friend Abby accompanied me for food and drinks at The Jane Bond on a rather dull Friday night. The ladybirds hole-in-the-wall off of King Street happens to be a vegetarian restaurant as opposed to Waterloo I had heard of it, but never actually knew where it was. Abby has lived in the city for while but Abby's even known it existed.

After speaking to a wide range of Waterloo Vegetarians acquaintances, I realized that not very many people really knew about the chosen Jane Bond.

As we walked off King and onto Fennell, I realized that I had misgivings.

When we walked through the doors I noticed that I would be sharing the same air with a bunch of people in a very tight space.

"Good thing we don't suffer from claustrophobia," I said to Abby.

We passed around the restaurant and decided on a two-person table next to a back wall. It was also the only table left. It was actually very comfortable and quiet. The nature atmosphere of the place is cool and quirky, with a lot of art and a lot of colour.

We were given our menus and ordered some drinks. I chose the Soda Tan and Abby had her heart set on the Mango Cit Cit Tea, as well because of the adorable name. They were both mixed perfectly



by and went down smoothly.

As a relatively vegetarian dining I can confidently say that the Soda Tan is a good choice for the delicate palate of those who don't drink very often.

Although I was a little hesitant about the veggie lasagna in Jane Bond, after realizing that they serve items such as panelesse and meat to lasagna, I decided that it might be better than expected.

After quite a long debate I decided on vegetable and Mediterranean tapenade. Abby ordered some tofu fritters and the "Fun Jan Garlic Cheese".

Although it is not extensive, the menu at The Jane Bond is reasonably diverse, as dishes range from Macaroni to Italian. Prices are fair and nothing is hidden in the bill.

Our server was incredibly friendly. He took the time to share his favorite items and helped us choose what to order, as he knew that we were first-timers. When he noticed that our waitress was getting low, he promptly walked back to our table to ask if we wanted more or wanted to try something else (we stuck with our first choice).

It took about 10 minutes for our appetizers to arrive. They were, as our friendly waiter asserted, absolutely delicious. The appetizers were thick and not too oily, as were tapenade items not to be. The price tags were fresh and crisp. Abby also enjoyed her tofu fritters, commenting on how fresh and well balanced the herbs tasted.

When our second course arrived, we were both almost full from our appetizers. The entrees are perfect little bite-sized items, rolled stuffed with cream cheese, peppers and jalapenos. They are done with some cream and onion. The balance of the cream cheese with the jalapenos makes for a subtle hint of spice. Abby also thoroughly enjoyed her grilled cheese and onion. It was the perfect taste of fall, thanks to the apple flavored cheese.

The Jane Bond is nice, but it's a little too tight. If it were any looser, we probably wouldn't have been seated for a while. However, it would have been well worth the wait.

After our first experience, all of our doubts were completely nullified and I returned the next day on not judging a book by its cover.

Although The Jane Bond isn't a new restaurant, it is still unique. However, it is worth trying because it is the perfect place to relax and enjoy some (vegan) flavored drinks and vegetarian veg food.

OUT FOR A FALL STROLL



PHOTO BY JENNIFER LANTIER

A young couple, Nicole Chassman, 26, and Jeff Ballman, 25, enjoy an autumn day strolling with their dog Stanley on Sept. 26 in Kinsman Park.

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spoke videos

On Spoke Online (www.spokeonline.com) this week:

- Learn about new ballroom dance classes in K-W
- Watch Oktoberfest kick off with the tapping of the keg
- Get prepared for Halloween by finding out what costumes are popular this year?
- Learn where international students can eat in the K-W area
- Videographer Mark Fitzgerald covers intramural teams and their ongoing tournament
- Find out what kind of services are provided at Camoslog's Counselling Services
- Stigma was the topic of discussion during Mental Health Week at the University of Waterloo

A love and lifetime of creating costumes

BY KATHA MILNE

From sewing and crocheting to tailoring and designing her own clothes, former *Costume Designer* finalist, Katherine Seakins does it all.

Costume designing has been a part of her life for 14 years and she doesn't plan on stopping anytime soon. She is a junior arts/science project coordinator at a construction company for now but plans on pursuing costume design full-time in the future.

"I don't see myself doing it for one day and then in 10 years. Whereas, sewing and the costume-making and making wedding dresses, I can see myself doing that until I'm old and can't see anymore."

When she was 10, she moved to Lupton, Ont. with her family. Her dad had a law office there and he found a good-paying job.

During their six years there, Seakins began working with clothing. Her grandma was a seamstress and tailor. Her uncle did a little bit of everything and began teaching her what she knew. Her uncle also had a clothing business and brought home clothes to sew. Seakins began her first part-time job sewing.

While in high school, she developed a passion for sewing. She spent a summer at a costume shop. She would spend money she earned at her part-time job at them. She loved the costumes that the customers wore. They would buy lace and the lace of dresses but they still looked really good.

Around this time, she also developed a love for drawing.

"It was my starting point and grew as the years I went on."

The school system in Italy required the students to decide on a career by eighth grade. There was no high school. Seakins wanted to go on to art school but it was too far away so instead, she started bookkeeping and economics.

Seakins and her family moved back to Kitchener when she was 16 because her mother was diagnosed with diabetes and thought it was hard to get the treatment back home so she moved the family here. Seakins went straight into Grade 10. She had already finished many required courses, so she started up for some classes including art, piano, and costume design and fashion. In fashion 101, she started a 98 per cent. Her teacher said she had the 1 per cent because she was ahead when she had lessons. After the fashion class, she read books before to teach herself certain techniques.

Her motivation to begin costume designing was her love for fashion and her struggle to find affordable clothing that fit properly. Plus she always wanted to make money. So she decided to start making her own. She then started getting dressed up and went to make the costumes.

Since she loved the costume design in *The Matrix*, she called one of the architects from the movie and made alterations to it. She loved the price so much that she wore it in the water despite freezing temperatures.

"It was totally worth it because we're had that perfect



Katherine Seakins spends some free minutes on Sept. 20 having fun with the stuffed animals she made.

It was completely my perfect."

Not only does she design and make Halloween costumes for herself and others, she also makes them for costume conventions. She has attended about 20 of them.

This past August, she sold stuffed versions of the character from the *Drillers* and there were a lot of orders.

She has been to many conventions because she loves the costumes of them. She and they have a different energy and vibe.

One of her most challenging tasks in life was doing a wedding dress that required

extensive repair. This was only two weeks before the wedding. Meanwhile, she was working full-time after finishing her shift, she would go straight to working on the dress. She eventually finished, leaving the bride extremely happy.

After doing the dress, she realized that it was something she wanted to do for a living but felt too uncomfortable to run her own costume designing business. Instead, she played it safe and went to school for architecture and construction at Centennial.

However, Seakins got her business license in 2012 and

opened her Fashion Art. She offers everything from alterations and paintings to custom clothing, accessories, headpieces, jewelry, jewelry, clay charms, personalized murals, tattoos, designs and portraits.

"I want to be that person who helps you look good in your clothing. I don't have to be some high-fashion designer."

Seakins' dream, Anissa Ghom is very kind of her work and said her design are extremely well thought out.

"It is wonderful that someone is able to create an amazing look from nothing other than fabric."

Moms can't compete in Miss Oktoberfest pageant

The Miss Oktoberfest pageant has been a long-running tradition that dates back as long as the festival itself.

A competition representing the best of our city's Oktoberfest spirit, contestants are judged on their dancing, singing, positive attitude and community spirit. It's a tradition, no more allowed.

But members of the Miss Oktoberfest pageant stress that the contest must be kept. That is understood, however, it's the pageant's definition of what they're looking for.

Under the pageant's guidelines, being a single woman means never having been married, had a marriage annulled or had a child.

Living in a marriage, in order to be considered single you must have a divorce.

Thirty years ago, most children were born in their parents' homes, parents



Whitney South Osborn

also had never previously lived together. Today, almost all young children are born to single parents. And, increasingly, their parents are not married.

No longer are young girls sent off to houses for summer camp, parents want to have personally to return with the story that they were making their own up north. Single mothers make up a large part of today's society.

The Miss Oktoberfest pageant was founded in 1989 with the winner going on to be *Kaiser's Oktoberfest* participant in the Miss Canada pageant. Governed by a strict

board of directors, little has changed regarding the rules with the exception of stricter voting requiring all participants to reside within the 49-kilometre radius of the Oktoberfest venue.

According to the official Oktoberfest website, Miss O represents a part of our city's German heritage and helps to carry on a heart-warming tradition of the festival. She goes on to describe the winning contestant as a total part of the Oktoberfest, who's specific national and international interest in the community.

Reserved as one of the most popular and favorite attractions of the festival, contestants turn out to see Miss O not only during Oktoberfest but other events during the year including the Thanksgiving parade. There is no controversy, a single woman mother could not uphold these rules.

Whitney

This is 2012 and times are changing. People are choosing different lifestyles based on their own needs and the needs of their families. A woman who has a child is no less capable of being Miss O than one who has never been a mother. In fact, the maturity, patience and love that it takes to raise a baby are things that should be acknowledged rather than scorned, whether she is married or not.

In a time when living non-traditional lives is not restricted, the tradition of marriage, rules that no longer represent the norm, need to be changed. Women around the world are realizing that having a child out of wedlock is no longer something to be ashamed of. According to Statistics Canada, a census taken in 2007 showed that women who complete, made up 18.5 per cent of Canada, while 20 years ago they only represented

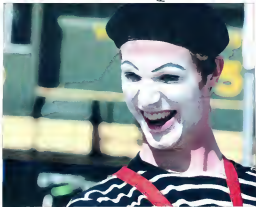
around 7.2 per cent. In 2005, 10,000 women between the ages of 15 and 19 had babies. For about 13 per cent of those children, that was their second pregnancy.

Still, in some ways, many of these young and unmarried young women are doing so well. They are going to school, working and raising a child. These young women take on a life with a determination that few possess. In a society charged with greed, fear and selfish agendas, they have made the ultimate sacrifice and put the needs of another human being above their own.

Regardless of all this, a group of young Canadian Club board members continue to hold up out of touch views on marriage.

If a single mom wants to be a luxury queen, I say give her a chance.

Fair in the Square fun



Visitors were amazed just as bright as the sun at the Fair in the Square Festival at Historic Town Square on Sept. 30. Clockwise from left, Wynne Laffan paints her name at the Fun with Clay stand, presented by the Winston-Salem Workshop. Gloria Myers smiles broadly as part of her act as a mime. Breanna Dean from the Creative Face painters paints a pair of colorful wings on Sam Loft's face, even though she claims to be too old for it. The Martha Street Drum Band welcomes everyone to the festival with their music.

PHOTOS BY
STEPHAN
LAFAYETTE



Cambridge gets a 'Taste' of Scotland



PHOTO BY KYLE McLEOD/STAFF

Bagpipers Patrick Platts (left) and Gough spend the day of the Taste of Scotland event at McGill College in Sept. 29. It featured Platts as well as the Camerlup & District Pipe Band (right). Bands from elsewhere in the traditional Scottish kilted such as bagpipers and a variety of Scottish dances and songs.



Ann and Campbell (left) and Rosale Smith (right) are at the event, enjoying the whisky and food. Ann, an employee of McGill College in Cambridge, explains how easy it is to consume the drink can be to make.



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Design students big winners

Odds were against them at the Design Student Charrette Awards

BY JESSICA BERNIER

In a competition where the odds were stacked against them, two Concordia College students took home first prize.

Elizabeth Schuler and Nikita Sharma, second-year landscape of interior design (LID) students, lost out eight other teams at the Design Student Charrette Awards at the annual IDAEC show in Toronto on Sept. 30.

IDAEC is Canada's largest national design and architecture exhibition and conference, which features nationally students, but a challenge for students to showcase their skill in a design competition.

Each team had to design a building for a residential space

located at Ontario Place, incorporating a "live, work and play" theme. The teams had 24 hours to come up with their designs, which had to meet specific criteria, but they had to present it to the judges.

The teams consisted of two interior design students from one school as well as a landscape architecture student and an architecture student from different schools.

At first, that's how the teams were supposed to be set up. The architecture student for Schuler and Sharma team never showed up.

This was only one of the advantages the team faced.

In addition to being down a member their team lacked

the experience of the other teams.

Concordia College was the only school to send two second-year students to represent the third-year and fourth-year students at all of the other teams.

The IDP program was only launched in the fall of 2011 at Concordia, making second-year students the only eligible competitors from Concordia this year.

Overcoming these obstacles made the victory all the sweeter for the students, who will split the \$1,000 prize between themselves and their fellow teammates, Jonathan Edwards of Georgia.

"It was such a great accomplishment because we went into it thinking we weren't

going to win at all," said Sharma, adding she felt very nervous going into the competition.

"We were just going to show up and see what would happen and get the most out of it as we could," said Schuler, adding she had an expectation of even placing at the event, let alone winning.

However, it wasn't a matter of just showing up and winning. There were a lot of other criteria the team had to adhere to when they created their space, and a lot of creative thinking went into these ideas.

"We pulled out maps and we looked at the layout of it and we put our designs into some collages that you

see on Lake Ontario," said Schuler, whose team incorporated natural inspired shapes and elements into their design, as well as sustainable materials and the idea of bringing the outdoors inside.

"Blurring the line between nature and city, trying to speak city and nature and people," was the main concept, according to Schuler and the team did that by including water elements inside the lobby and surrounding outdoors right down to the lake, to encourage people to follow their space and visit the backyard.

The idea was an obvious concept element for the team program, but what did it mean to the team? "Confidence," Sharma said

CSI banks big bucks

BY JESSICA BERNIER

Every year, students at Concordia College pay their tuition. But every year they also have to pay student fees, which are built into that cost.

So where does every student's contribution go?

Concordia Students for various ways. They build IT buildings, they make books what happens and fund the Tuesday pub nights.

However, at the CSI meeting on Sept. 26 members of the board of directors were told they had a \$1.5 million surplus.

During the 2011/2012 CSI audit season, Tim Gendron, an auditor from BDO Canada, said the surplus was a result of the approximately 800 unexpected students registering this year.

Rutherford said CSI should be careful with their numbers as not to pay the extra cost of the Canada Revenue Agency (CRA) running a company for too long could cause them to lose their not-for-profit status.

However, Rutherford also said CSI should have about a year's worth of expenditures to reserve funds they even consider changing their budget too drastically.

Jenna Kromack, general manager of CSI, said they couldn't have known about the surplus in students.

"It's hard for us each year to put a number," she said about the amount of students. "The college would give us a definite number."

Rutherford and they would do a budget review in November, knowing their budget off of the new number of students.

However, the members of the board had many ideas

on how to manage the surplus.

One idea was to keep the pub open more often, but the cost of security and the liquor licence was a factor.

The one idea that caught everyone's attention was to lower the cost of student fees, but Rutherford said that's a hard price to play. Not only would they upset graduates, but should something change in the near future, having to increase student fees would only cause chaos.

Rutherford suggested putting the money into larger projects around the college to smaller payments over the course of a few years in order to decrease the surplus over time to the college and still maintain a positive balance.

Chris Brown, president of CSI, agreed and said a bulk of the money will most likely go to the recreation centre.

Career and Employment Information

Don't wait until you graduate - start thinking about your career today with these great workshops.

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A portfolio of sample resume entries offered to students who attend both workshops.

Please Note: This is NOT a resume writing job search workshop.

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Part 1: October 18, 8:30 - 10pm, Room 101
Part 2: October 22, 12:30 - 2pm, Career Services room 101
Registration required via MyCareer.

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(From the Student Portal, click on the "Services" tab)



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Getting connected

BY MARK HYDERKAL

Cornstog College is looking to make deeper connections with its alumni through the new Cornstog Net Community.

The online site will eventually allow alumni to have their own profiles that they can update regularly, communicate with the college's resource newsletters and special updates, register for events and make and track online donations.

Ten Trebe, director of development and alumni relations, developed the research office here has been handling the creation of this completely online program. Their goal is to create an efficient, self-organizing way to stay connected and build relationships with alumni.

Net Community is still under development, but is being designed with time to give.

"We can see the potential," said Trebe, adding that it is important to find out "what the alumni really want" out of the program and then try

to implement those features.

The program is also a way to maintain a social media presence, but specifically give the experience toward Cornstog alumni.

One of the features they would like to add later on would be a community news site board. They said the key to this would be making it self-sufficient and self-maintaining because Net Community as a whole is meant to live up itself. They are also looking into a mobile, a digital printing card.

They said they are looking to perfect each feature they are working on right now before they move onto bigger things.

"We could rush out the door with it. My way is create value," said Williams. She also said it is important to find out what is of value to alumni.

Cornstog Net Community is supposed to be fully released in the new year, with hopes of having some updates their profile on the site as early as November.

THESE STUDENTS TAKE THEIR STUDIES SERIOUSLY



PHOTO BY MARK HYDERKAL

Cornstog College's Library Resource Center at the Deed campus is already well-patronized with faculty students only a few weeks into the semester.



When it comes to gambling, taking precautions just makes sense.

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Home Entertainment System

Join the ukulele revolution

BY LINDSEY THOMAS

From music stores to YouTube videos and television commercials, the ukulele is taking the world by storm.

Once considered to be little more than a novelty gift or tourist trinket, the ukulele has been making incredible music popular culture for a few years now.

"I'm Beloff's leading publisher of ukulele songbooks and a major promoter of the cheap, four-stringed instrument, says he has been watching the ukulele's steady rise in popularity for years.

"The ukulele is the *effort* of musical instruments," says Beloff. "Small, light and easy to learn and use, it encourages creativity."

Local businesses have also noticed an increase in customers asking about ukuleles.

"Ukuleles have definitely become more popular," says John Granger, salesman at Long and McQuade on Guelph.

In the past few years, the number of ukuleles has increased dramatically.

Granger says low prices are another factor in the ukulele's rising popularity.

"We have ukuleles that start at \$30 and go up from there. If you're looking at a guitar that's \$200, it's no easy decision to make."

High-end, ukuleles made of solid hardwood such as mahogany or rosewood (which can cost more than \$1,000).

The ukulele's first wave of popularity began during the First World War, when the instrument was demonstrated

at the 1915 Panama-Pacific International Exposition in San Francisco.

The second wave occurred in the 1950s, courtesy of TV and radio star Arthur Godfrey, who played the ukulele regularly on his show *Arthur Godfrey and the Ukulele*. Godfrey-endorsed instrument books and ukuleles sold millions.

Most recently, the portability and versatility has been popularized by artists as diverse as Edie Vedder, Jason Mraz, Dave Grohl, Taylor Swift and pop-rock artist Miley Cyrus. Beloff played one on *Saturday Night Live*. It's been featured on *Grey's Anatomy*.

|| The ukulele is the iPhone of musical instruments. Small, light and easy to learn and use. ||

— Jim Beloff

But it is the Internet that has been instrumental in the ukulele's resurgence, says Nicholas Russell, professional musician and ukulele instructor at Folkway Music in Guelph.

"Over the last 10 years, my use with a computer has been able to not only learn audio recordings of other styles of music but also to use real-time of even the remote regions of the world," Russell

says.

"In regards to the ukulele, the musician can really start and experiment with local knowledge from Hawaii because a worldwide sensation through your profile makes it like YouTube."

Ukulele virtuoso Jake Shimshorn, already popular in Hawaii, became an overnight success with his rendition of George Harrison's *While My Guitar Gently Weeps*, which has garnered over 10 million views on YouTube.

Russell began playing the ukulele as an extension of the guitar.

"I love playing it and it brings out different aspects of my musicality," he says. "I don't treat it like a guitar, because to me, it is more rhythmic and meant to accompany a voice."

One reason for the ukulele's status appeal is that, with its four strings — in opposed to the guitar's six — it's easy to learn and play. With only a few chords, under 300 hits, you are well on your way in being able to play most modern pop songs.

Add to that the ukulele's portability, versatility and low price point, and it starts to become clear why more people are picking them up. Lastly, ukuleles just make you feel good.

"There is something mysterious about playing the ukulele," says Russell.

All these factors add up to the ultimate instrument for cash-strapped students: cheap, easy to learn, portable and fun.

FIVE BEST UKULELE SONGS AND COVERS

- *Ukulele Anthem* by Amanda Palmer
- *While my Guitar Gently Weeps* rendition by Jake Shimshorn
- *Someone Like You* the Rainbow rendition by Russ Russell
- *Hotel California* by Jeff Buckley
- *Let It Be* by Jason Mraz



PHOTO BY LINDSEY THOMAS

Ukuleles range in price from \$30 for an entry-level model (left) to more than \$1,000 for the high-end ones.

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COUNSELLOR'S CORNER: Finance

Are financial pressures creating stress for you? Is it difficult to concentrate on studying because you're not sure if you can pay the rent for buy groceries this month? There are a number of things you can do to help ease your financial worries.

If your financial situation has changed, check with the Financial Aid office to see if you can have your OSAP entitlement reassessed. They also have information on bursaries. There may be bursaries and scholarships available for students in specific programs. Scholarships and awards available for students in each program are listed in the Student Guide you received at the beginning of the school year. Information can also be found on the College Website.

Another way to relieve the pressure is through employment. Ask at the college's Career Resource Centre (V1A105) and on the web site for help finding part-time work during the school year or contact work for the summer. Opportunities for employment may also be available at the college through the work-study program, including working as a peer tutor. Service clubs and churches may also provide support. The College's CSH-sponsored food bank is located on campus for students. Please see CSH for more information.

If you're having more immediate needs, Counselling Services can provide resource information and discuss any of these options or other ideas and concerns.

A Message from Counselling Services

**CONESTOGA
STUDENTS INC.**

TICKETS
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**\$10.00 IN ADVANCE OR
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OKTOBERFEST

COLLEGE NIGHT OKTOBERFEST
THURSDAY OCTOBER 11TH ~ 8:00PM-1:00AM

ALTES MUNCHEN HAUS
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*DRINK RESPONSIBLY —
CLOSING AT 1:00AM*

FREE BUS
FROM CONESTOGA COLLEGE
PARKING LOT 10

LEAVING FROM COLLEGE AT:
7:30PM, 8:30PM, 9:30PM

RETURNING TO COLLEGE AT:
12:00AM, 12:45AM, 1:15AM

FIRST COME, FIRST SERVE